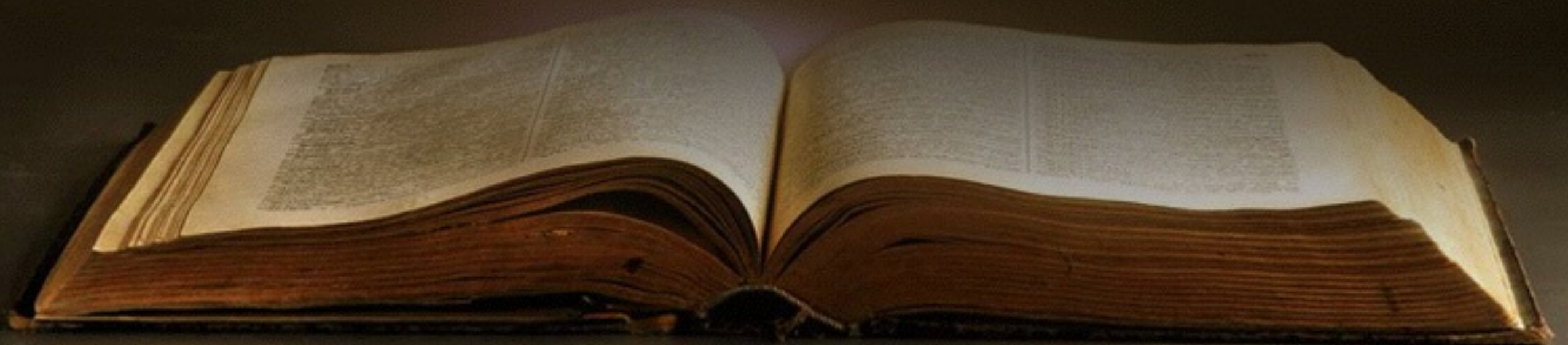


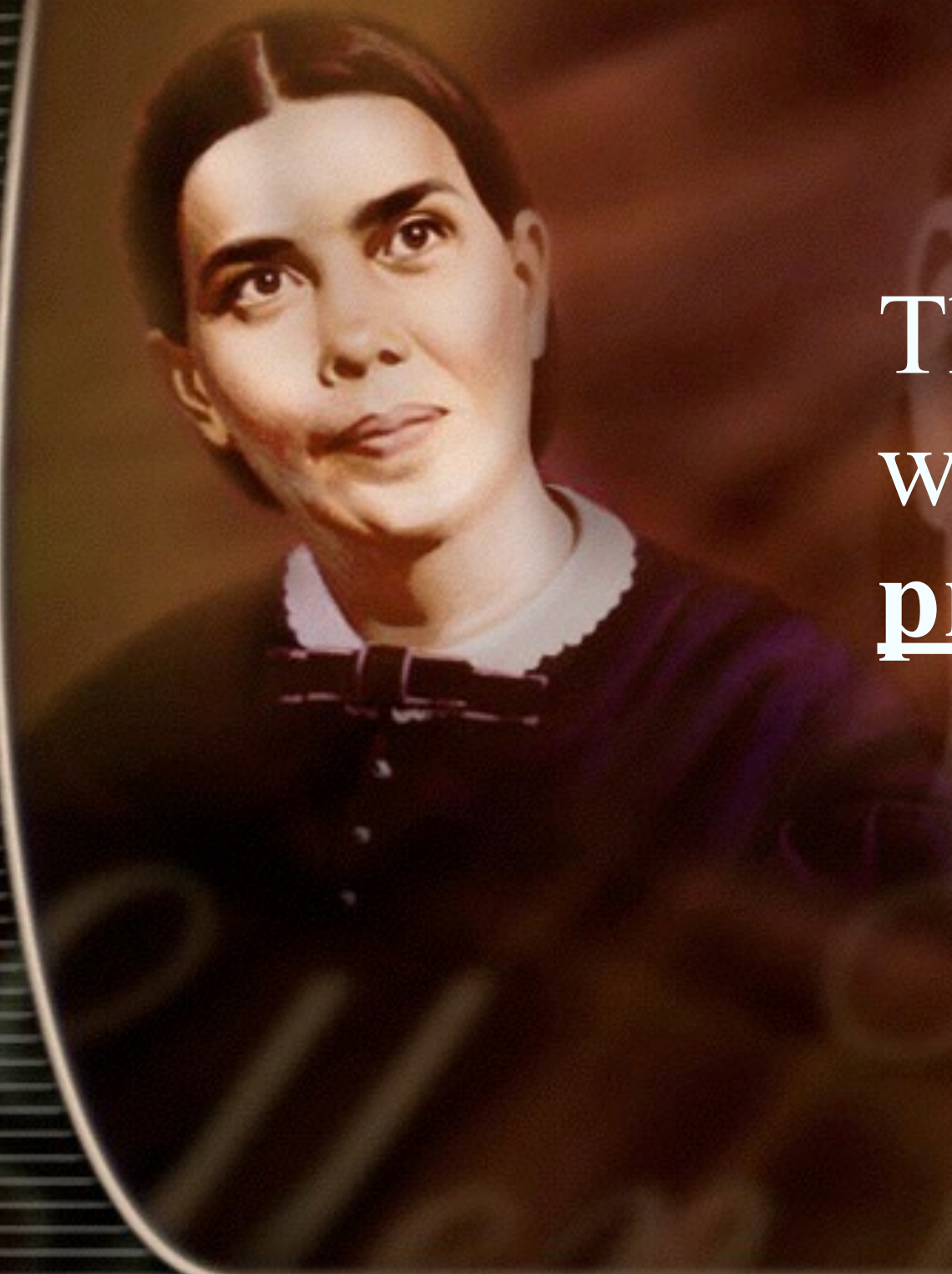
# What is Medical Missionary Work?



**Luke 9:11** And the people, when they knew *it*, followed him: and he received them, and spake unto them of the kingdom of God, and healed them that had **need of healing**.





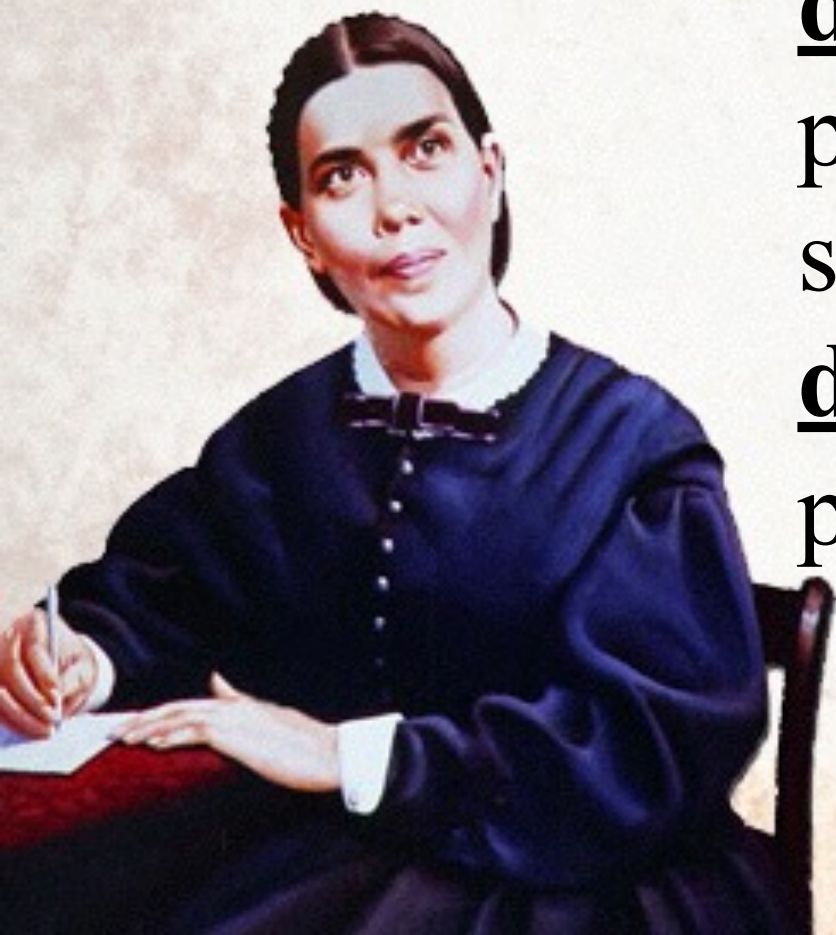


The medical missionary  
work is the gospel in  
practice. {8T 77.2}



# PEN OF *Inspiration*

God's people are to be genuine medical missionaries. They are to learn to minister to the **needs** of soul and body. They should know how to give the simple treatments that do so much to relieve pain and remove disease. They should be familiar with the principles of health reform, that they may show others how, by right habits of eating, drinking, and dressing, disease may be prevented and health regained. {CH 511.3}





# The Cost of Medical Missionary Work



**2Cor. 5:21** For he hath made him **to be sin for us**, who knew no sin; that we might be made the righteousness of God in him.

**1Pet. 2:24** Who his own self **bare our sins in his own body** on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

**Matt. 8:16,17** When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with *his* word, and healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and **bare our sicknesses**.





# PEN OF *Inspiration*

Those who receive Christ as a personal Saviour, choosing to be partakers of His suffering, to live His life of self-denial, to endure shame for His sake, will understand what it means to be a genuine medical missionary. {CH 511.3}





# The “Focus” of Medical Missionary Work



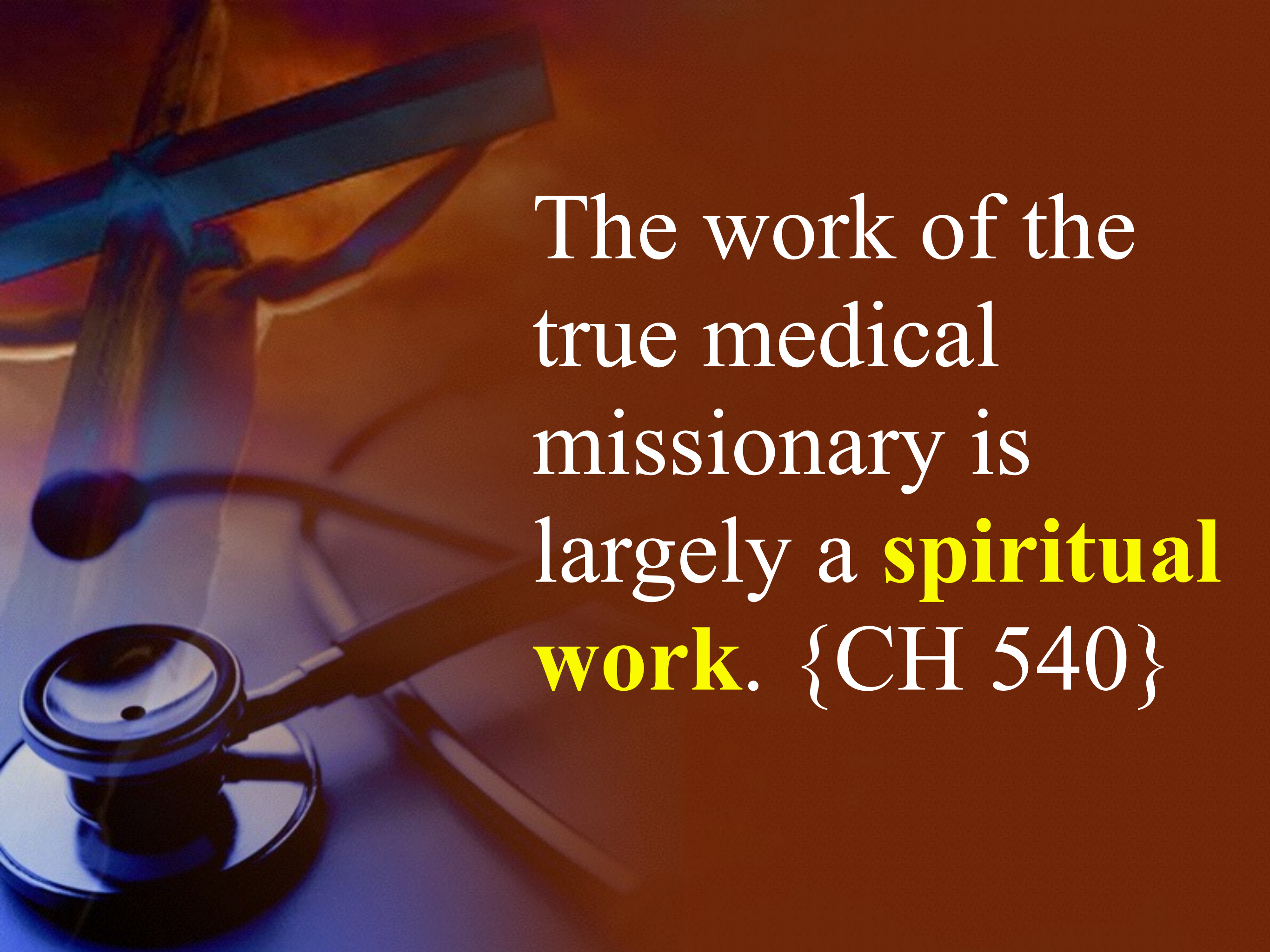
**Matt. 1:21** And she shall bring forth a son, and thou shalt call his name JESUS: for he shall **save his people from their sins**.

**John 12:47** And if any man hear my words, and believe not, I judge him not: for I came not to judge the world, but to **save the world**.

**Matt. 9:6** But that ye may know that the Son of man hath **power on earth to forgive sins**, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

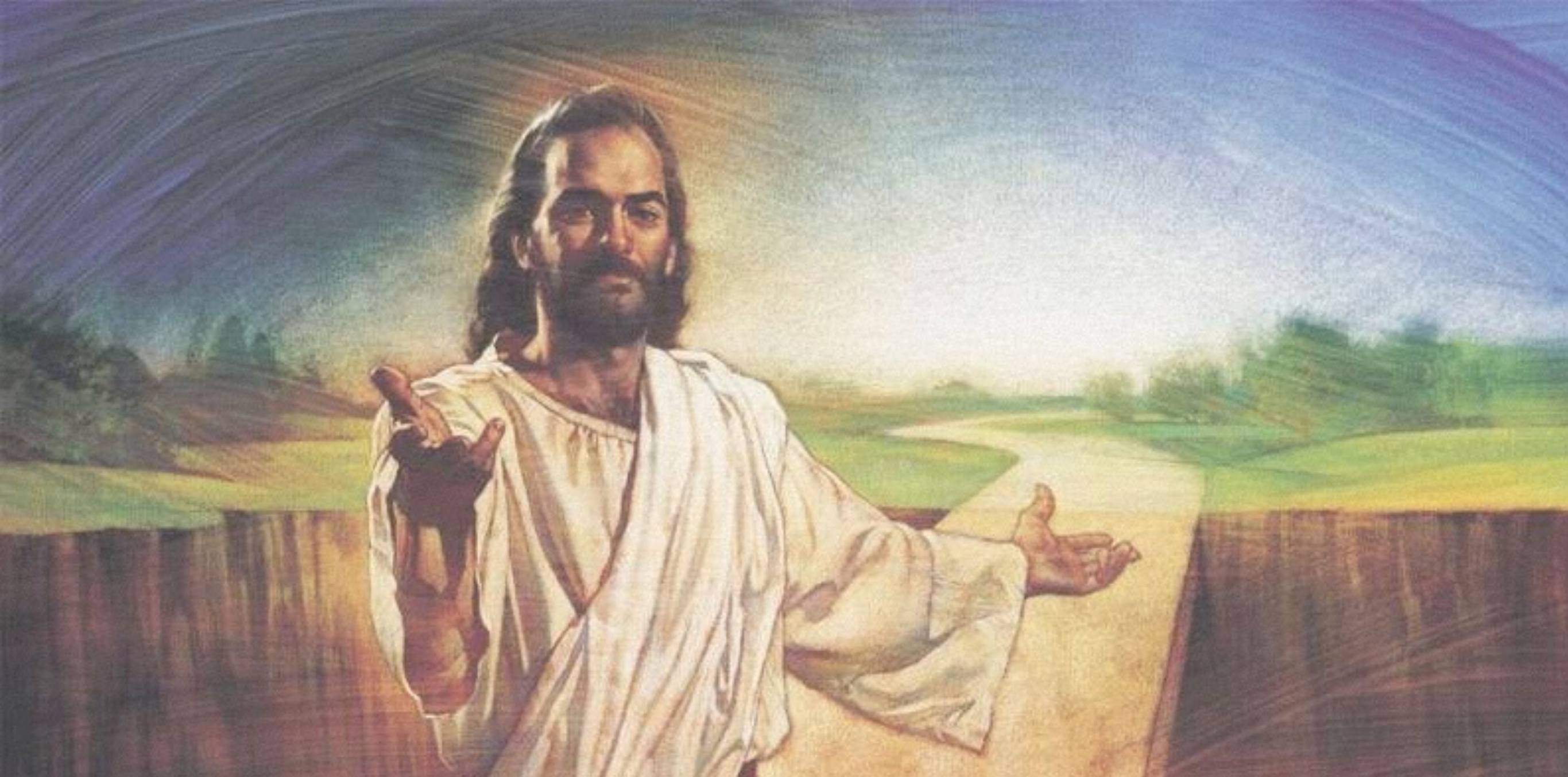




A stethoscope and a reflex hammer are resting on a medical book. The stethoscope is in the foreground, and the reflex hammer is behind it. The background is a warm, brownish-orange color.

The work of the  
true medical  
missionary is  
largely a **spiritual  
work**. {CH 540}





Jesus was not satisfied to attract attention to Himself merely as a wonder-worker or as a healer of physical disease. He was seeking to draw men to Him as their Saviour. {MH 31.1}



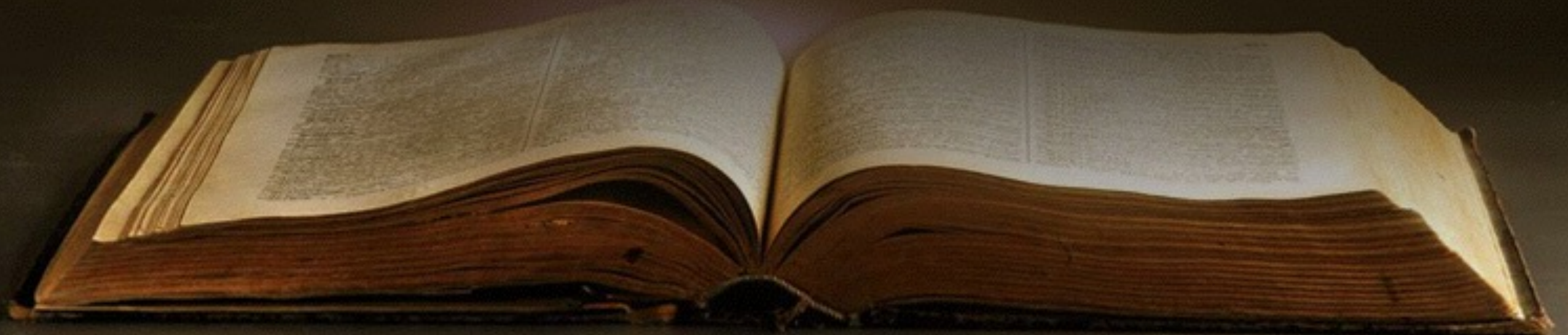
# “Who” are Called to be Medical Missionaries?

John 17:18/Matthew 20:28



**Acts 10:38** How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about **doing good**, and **healing all that were oppressed of the devil**; for God was with him.

**Luke 9:1, 2** Then he called his twelve disciples together, and gave them power and authority over all devils, and to **cure diseases**. And he sent them to **preach the kingdom of God**, and to **heal the sick**.





# PEN OF *Inspiration*

We have come to a time when **every member of the church** should take hold of medical missionary work.


{7T 62}






**What About Counsel  
for the Ministers?**



A close-up photograph of a silver stethoscope resting on the pages of an open book. The book's pages are a warm, aged yellow. The stethoscope's chest piece is in the lower-left foreground, while its tubing and ear pieces extend towards the upper-left. The background is softly blurred, showing more of the book and a hint of a wooden surface. The overall lighting is warm and intimate.

The minister will often be called upon to act the part of a physician. He should have a training that will enable him to administer the simpler remedies for the relief of suffering. Ministers and Bible workers should prepare themselves for this line of work; for in doing it, they are following the example of Christ. They should be as well prepared by education and practice to combat disease of the body as they are to heal the sin-sick soul by pointing to the great Physician.



A close-up photograph of a silver stethoscope resting on a stack of books. The stethoscope's chest piece is in the lower-left foreground, with its tubing extending towards the center. The books are stacked horizontally, with their spines visible. The lighting is warm and slightly dim, creating a contemplative atmosphere. The text is overlaid on the right side of the image in a white, serif font.

They are fulfilling the commission which Christ gave to the twelve and afterwards to the seventy: "Into whatsoever city ye enter . . . heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you." Christ stands by their side, as ready to heal the sick as when He was on this earth in person.--  
Medical Ministry, p. 253.  
{CME 28.2}



# The Motive of the Medical Missionary



# PEN OF *Inspiration*

Medical missionary work is a sacred thing of God's own devising.... We are not to cover mercy with selfishness and then call it medical missionary work. {MM 131.3}





# PEN OF *Inspiration*

"The institutions that depend upon God and receive His cooperation must ever work according to the principles of His law. **To charge a large sum for a few minutes' work, is not just.** Physicians who are under the discipline of the greatest Physician the world ever knew must let the principles of the gospel regulate every fee. **Let mercy and love of God be written on every dollar received.**" {MM 125.4}





# The Prophetic Relevance of the Work

Revelation 13:1-3/11-17



# A Time of Religious Aggression

As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions.

For their own sake, they should, while they have the opportunity, **become intelligent in regard to disease, its causes, prevention, and cure.**





# A Time of Religious Aggression

All those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth. The shortness of time demands an energy that has not been aroused among those who claim to believe the present truth.-- {Counsels on Health, p. 506.}





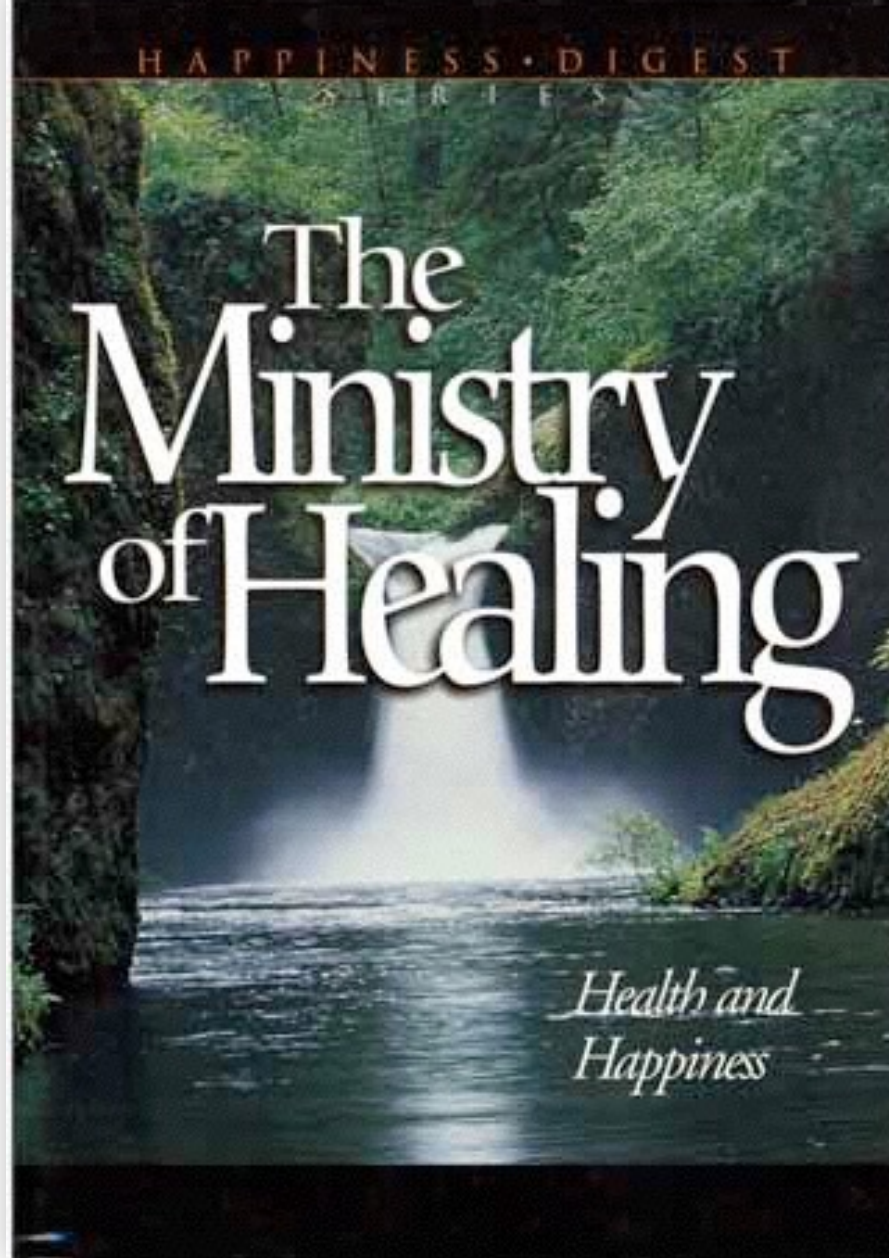
DISEASE



# disease (dih-zeez) n:

Any impairment of normal physiological function affecting all or part of an organism, esp. a specific pathological change caused by infection, stress, etc, producing characteristic symptoms; illness or sickness in general





# disease (dih-zeez)

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system”. p 127



# THE CAUSE



# FIND OUT THE CAUSE

Proverbs 26:2/Job 29:16

Q. What are the reasons for disease/death?

**SPIRITUAL** Numbers 12:5–10, \*11\*  
2 Kings 5:20–27  
John 5:1–8;14

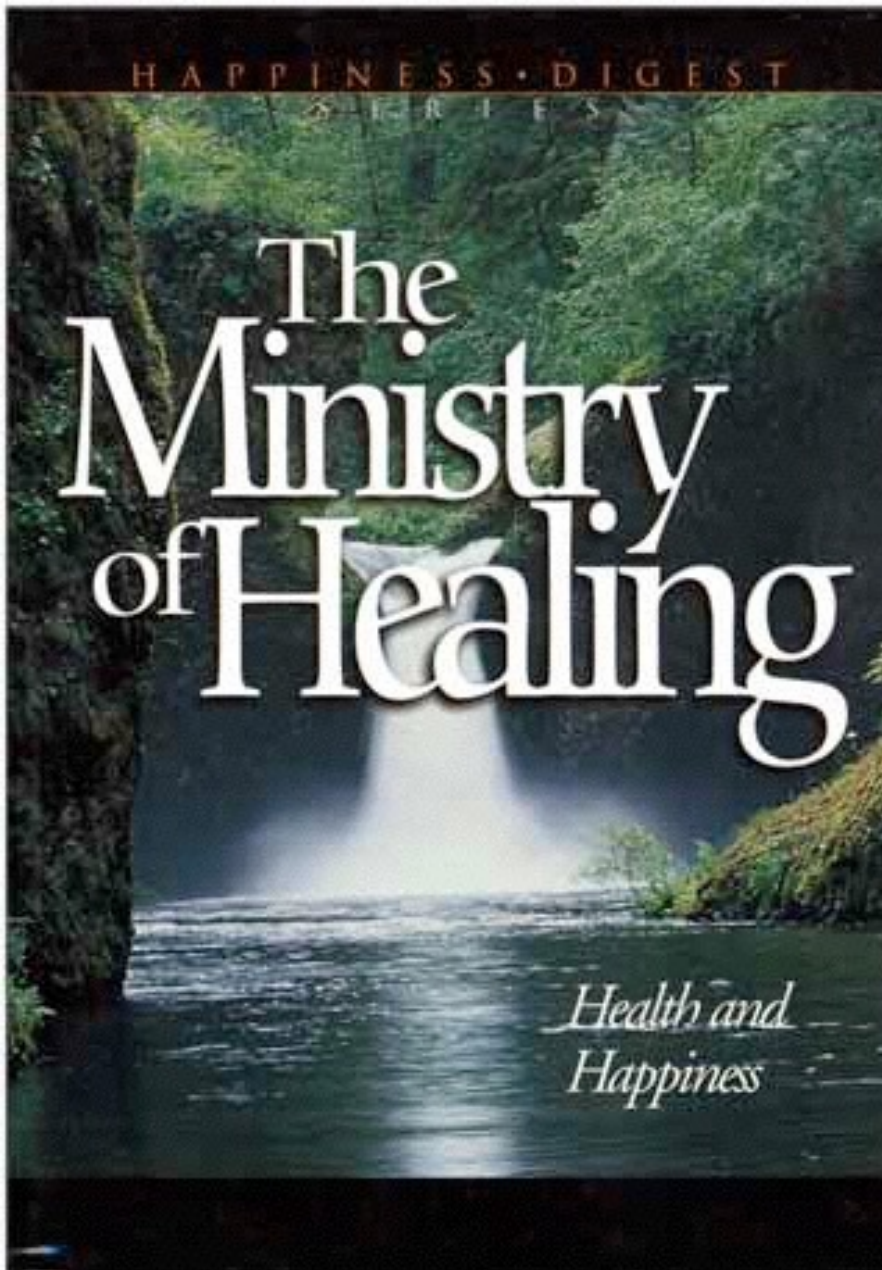
**PHYSICAL** Proverbs 25:16  
Ezekiel 16:49  
Prov. 30:7–9

**GOD'S OPPORTUNITY TO GLORIFY HIMSELF**  
John 9:1–3



PREVENTION





Disease is sometimes produced, and is often greatly aggravated, by the **imagination**. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is **expected**. Many die from disease the cause of which is **wholly imaginary**.

{MH 241.2}



# THE PLACEBO EFFECT



WebMD®

A placebo is anything that seems to be a "real" medical treatment -- but isn't. It could be a pill, a shot, or some other type of "fake" treatment. What all placebos have in common is that they do not contain an active substance meant to affect health.

Research on the placebo effect has focused on the relationship of **mind and body**. One of the most common theories is that the placebo effect is due to a person's **expectations**. If a person expects a pill to do something, then it's possible that **the body's own chemistry can cause effects similar to what a medication might have caused.**



# Ellen Whites Counsel Vs. Drug Medication





# SURGERY



It is our privilege to use every God-appointed means in correspondence with our faith, and then trust in God, when we have urged the promise. If there is need of a **surgical operation**, and the physician is willing to undertake the case, **it is not a denial of faith to have the operation performed**. After the patient has committed his will to the will of God, let him trust, drawing nigh to the Great Physician, the Mighty Healer, and giving himself up in perfect trust. **{2SM 284.4}**

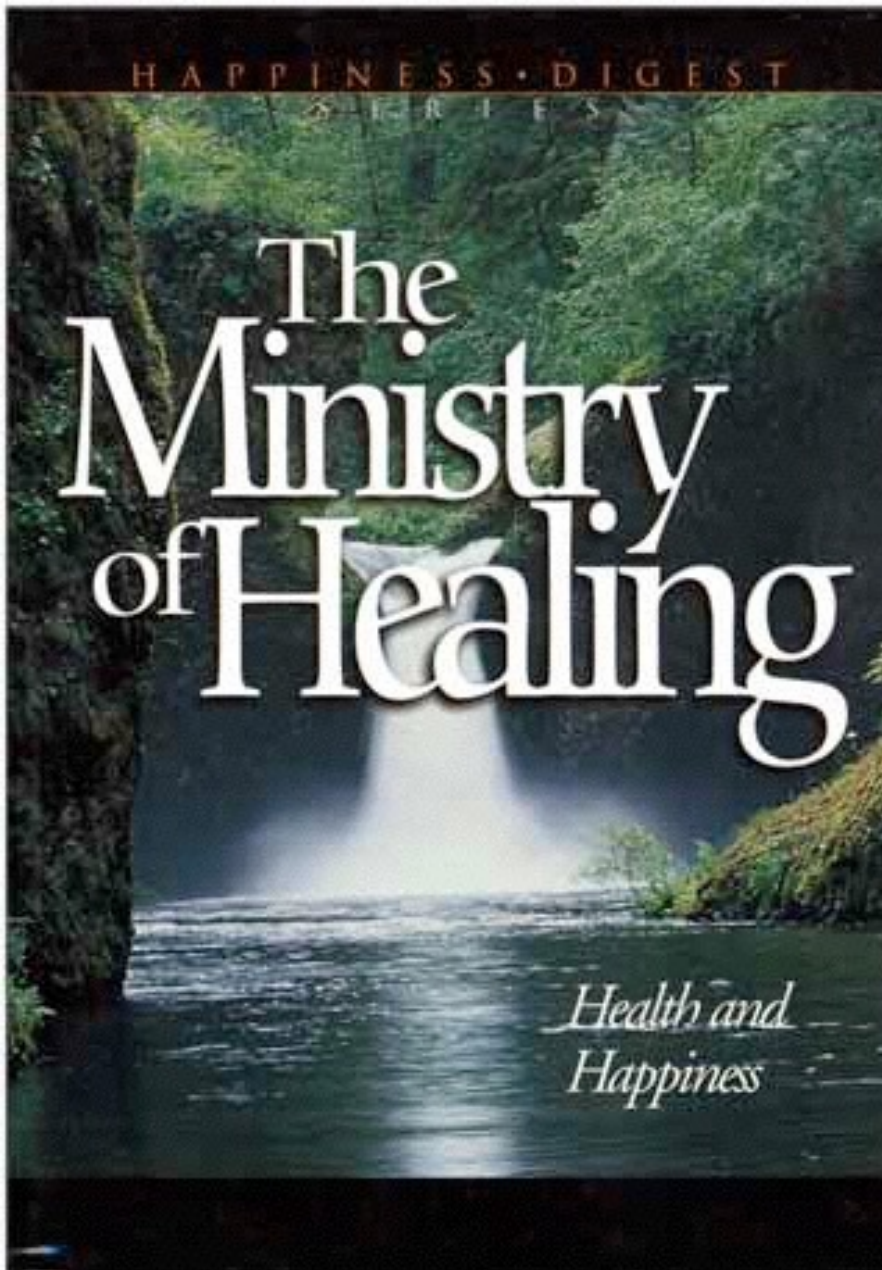


Natural Remedies	Many Lifestyle Diseases	Harmless	
Simple Remedies			
Procedures	Minor and Major Illnesses	Harmless	
Herbs or Foods (Harmless)	Minor and Major Illnesses	Harmless	
Herbs Medicinal (Less Harmful)	Major Illnesses	Less Harmful	
Drugs (Powerful) Regular & Botanical	Major Illnesses	Potentially Harmful	



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# **LAWS OF HEALTH**



- |                           |                        |
|---------------------------|------------------------|
| • <b>Godly Trust</b>      | <b>Genesis 2:17</b>    |
| • <b>Open Air</b>         | <b>Genesis 1:6,7</b>   |
| • <b>Daily Exercise</b>   | <b>Genesis 2:15</b>    |
| • <b>Sunshine</b>         | <b>Genesis 1:16</b>    |
| • <b>Proper Rest</b>      | <b>Genesis 2:3</b>     |
| • <b>Lots of Water</b>    | <b>Genesis 2:10</b>    |
| • <b>Always Temperate</b> | <b>Genesis 2:16,17</b> |
| • <b>Nutrition</b>        | <b>Genesis 1:29</b>    |

**“Thy hands have fashioned me and made me. Give me understanding and I shall keep thy commandments.”**

**Ps. 119:73**



# THERE'S MORE THAN EIGHT

Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying, yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and the effect produced upon the system. {CH 323.2}

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. {MH 127.2}



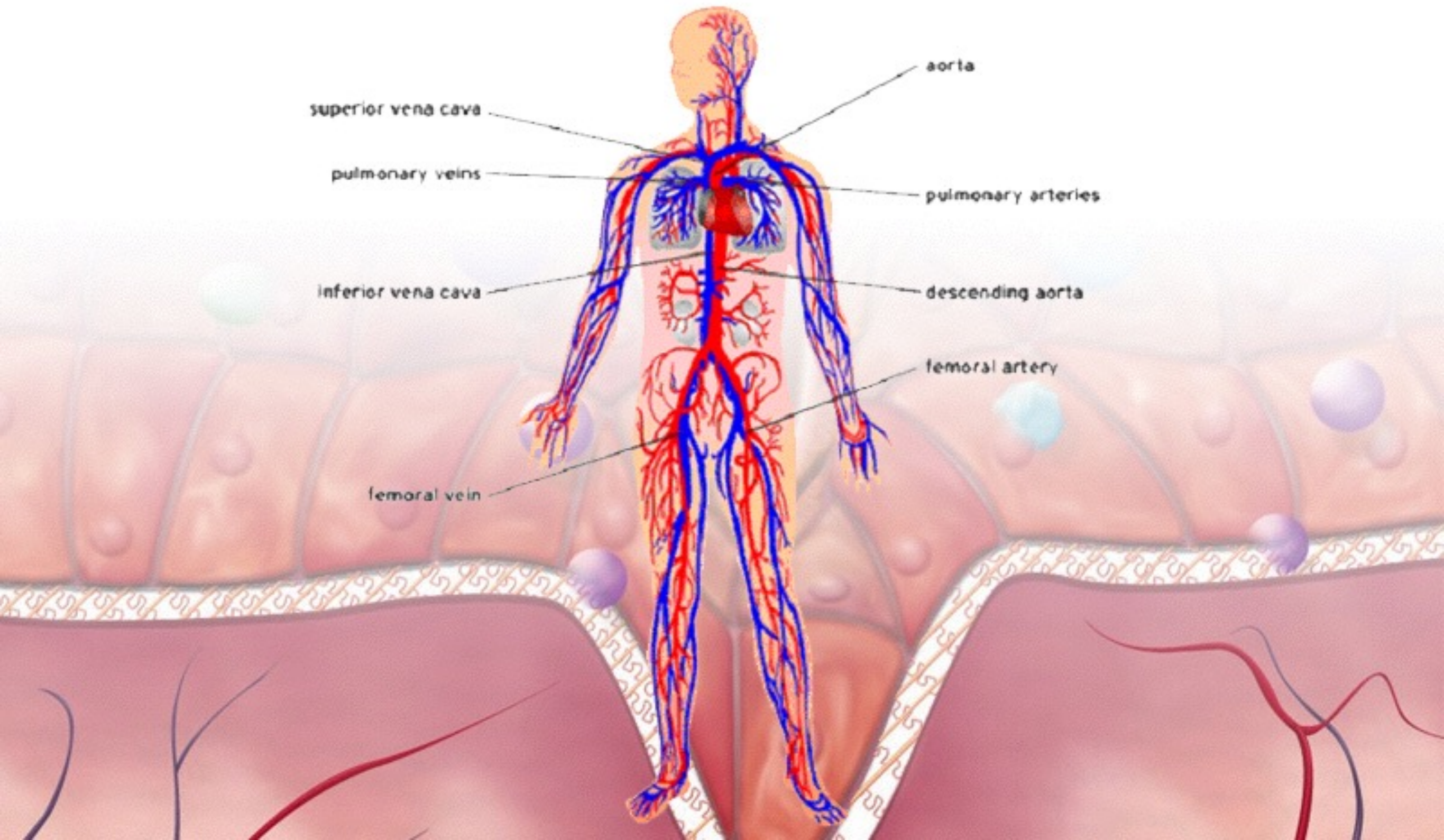
# THERE'S MORE THAN EIGHT

**Knowledge must be gained in regard to how to **eat** and **drink** and **dress** so as to preserve health. Sickness is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellowmen, is to obey the laws of God. **These include the laws of health.****

**{CTBH 12.3}**



# HEALTH & DRESS





# PEN OF *Inspiration*

In humility and inexpressible sadness Adam and Eve left the lovely garden wherein they had been so happy until they disobeyed the command of God. **The atmosphere was changed. It was no longer unvarying as before the transgression.** God clothed them with coats of skins to protect them from the **sense** of **chilliness** and then of **heat** to which they were exposed.

{SR 46}





# PEN OF *Inspiration*

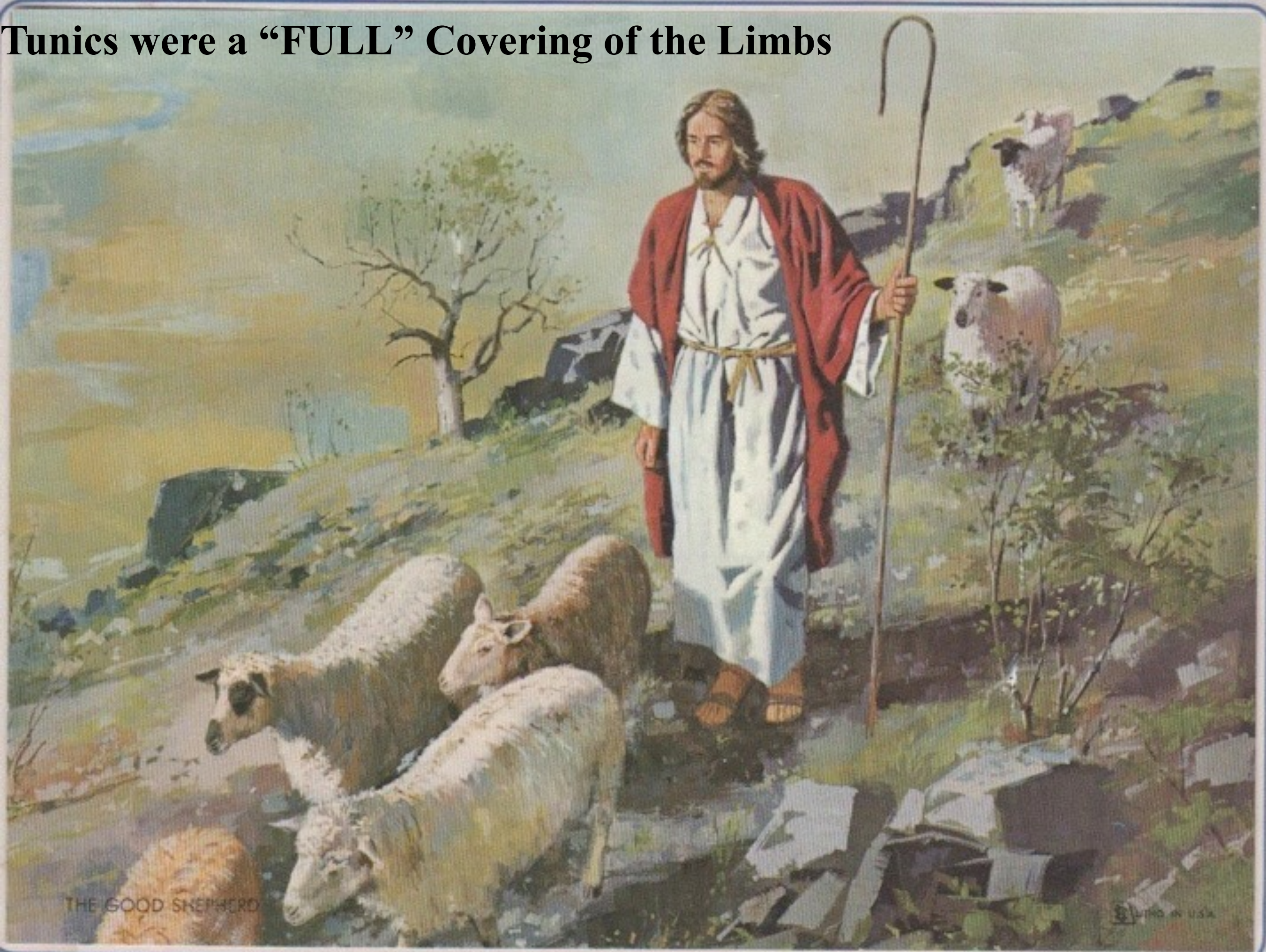
In humility and unutterable sadness they bade farewell to their beautiful home and went forth to dwell upon the earth, where rested the curse of sin. The atmosphere, once so mild and uniform in temperature, was now subject to marked changes, and the Lord mercifully provided them with a garment of skins as a protection from the extremes of heat and cold.

{PP 61.4}





Tunics were a “FULL” Covering of the Limbs





# HEALTH & DRESS

Beloved, I wish above all things that  
thou mayest prosper and be in health,  
even as thy soul prospereth.

3 John 2





# HEALTH & DRESS

Be ye therefore perfect, even as your Father which is in heaven is perfect.

Matt 5:48





PEN OF *Inspiration*

Perfect health requires a perfect circulation

{MH 293}

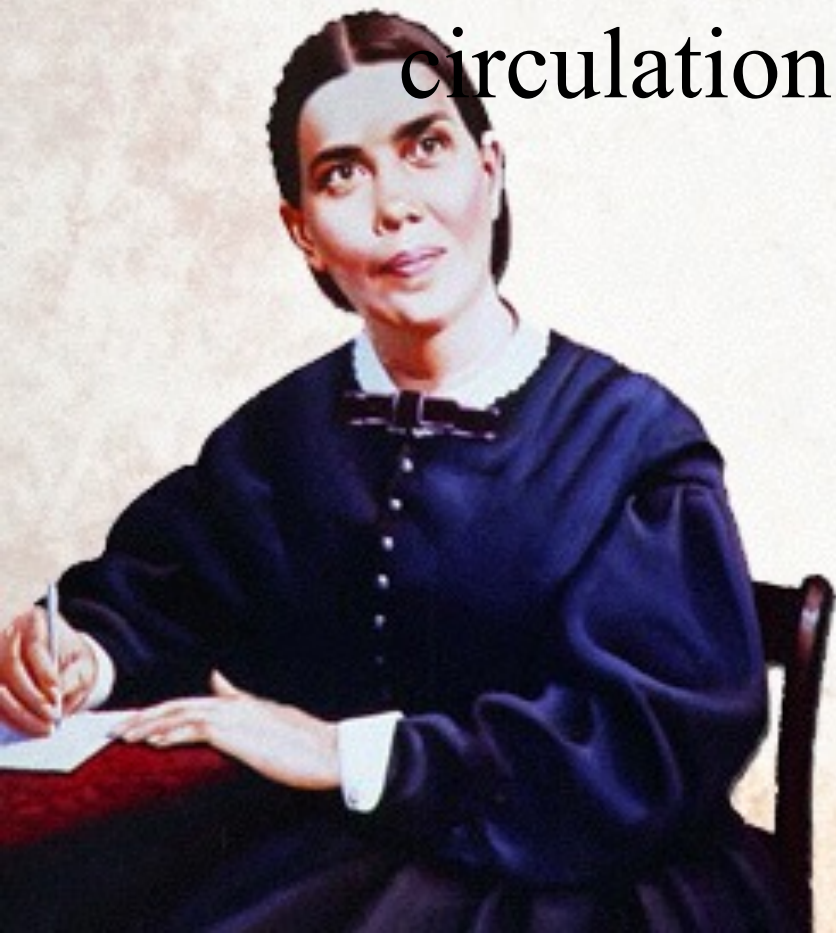




# PEN OF *Inspiration*

In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished.

{MH 271}







**Satan invented the fashions which leave the limbs exposed**, chilling back the life current from its original course....The result is habitually cold feet and hands. Those parents who follow fashion instead of reason will have an account to render to God for thus robbing their children of health. **Even life itself is frequently sacrificed to the god of fashion.**





In order to follow the fashions, mothers dress their children with limbs nearly naked; and the blood is **chilled back** from its natural course and **thrown upon the internal organs**, breaking up the circulation and producing disease. **The limbs were not formed by our Creator to endure exposure, as was the face.** The Lord provided, . . . also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities.





Special attention should be given to the extremities, that they may be as **thoroughly clothed as the chest** and the region over the heart, where is the greatest amount of heat. Parents who dress their children with the extremities naked, or nearly so, are sacrificing the health and lives of their children to fashion.





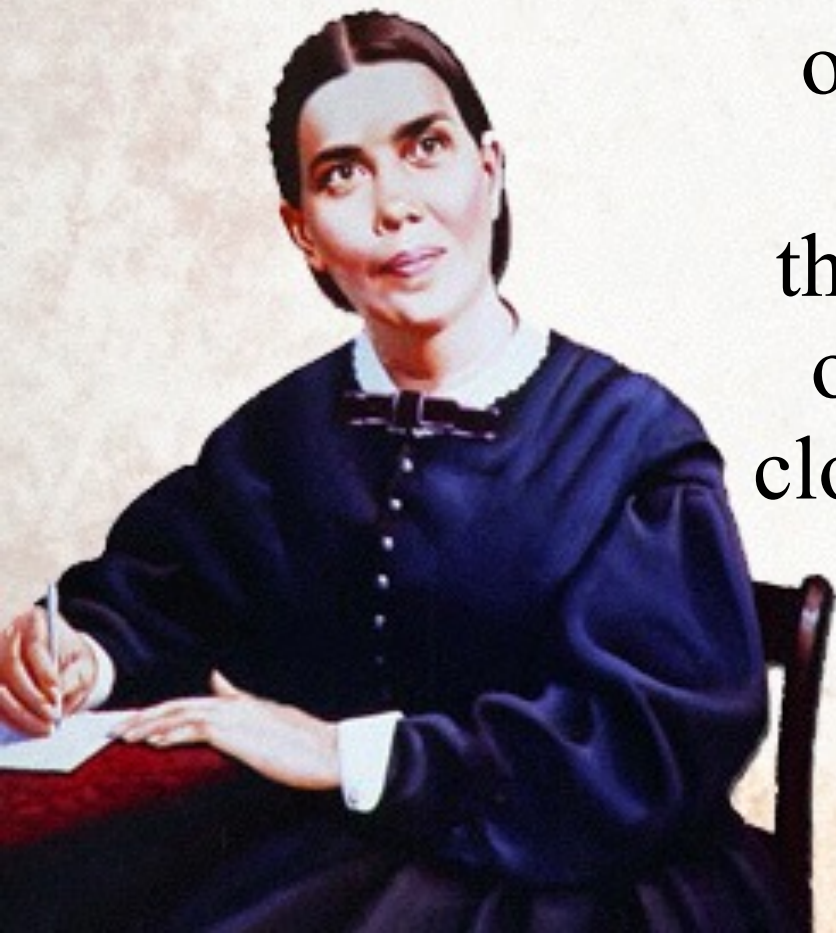
If these parts are not so warm as the body, the **circulation is not equalized**. When the extremities, which are remote from the vital organs, are not properly clad, **the blood is driven to the head, causing headache or nosebleed**; or there is a sense of fullness about the chest, **producing cough or palpitation of the heart**, on account of too much blood in that locality; or the stomach has too much blood, **causing indigestion**. {CG 426}



# PEN OF *Inspiration*

Another great cause of mortality among infants and youth, is the custom of leaving their arms and shoulders naked. This fashion cannot be too severely censured. It has cost the life of thousands. The air, bathing the arms and limbs, and circulating about the armpits, chills these sensitive portions of the body, so near the vitals, and hinders the healthy circulation of the blood, and induces disease, especially of the lungs and brain. Those who regard the health of their children of more value than the foolish flattery of visitors, or the admiration of strangers, will ever clothe the shoulders and arms of their tender infants.

{2SM 467}

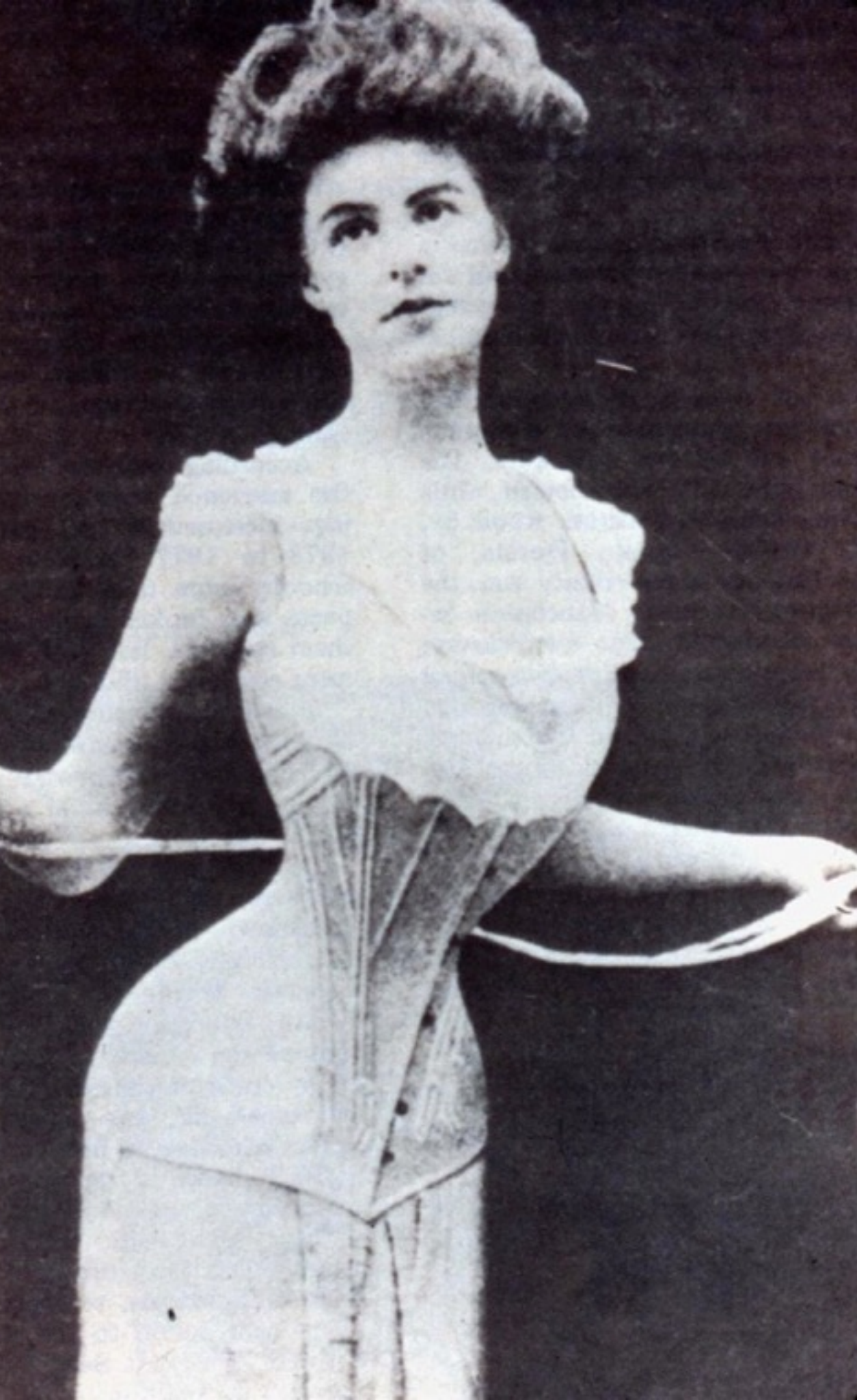






Many females drag down the bowels and hips by hanging heavy skirts upon them. These were not formed to sustain weights. In the first place, heavy quilted skirts should never be worn. They are unnecessary, and a great evil. The female dress should be suspended from the shoulders. {2SM 473.2}





My sisters, there is need of a dress reform among us. There are many errors in the present style of female dress. It is injurious to health, and, therefore, sin for females to wear tight corsets, or whalebones, or to compress the waist. These have a depressing influence upon the heart, liver, and lungs. The health of the entire system depends upon the healthy action of the respiratory organs. Thousands of females have ruined their constitutions, and brought upon themselves various diseases, in their efforts to make a healthy and natural form unhealthy and unnatural. {2SM 473.1}



# Shapers



## COSMOPOLITAN

*Chicas*, when you hear the word “*faja*” aka **shapers**, I bet many of you tend to think of those things *mami* and *abuelita* wore under their dresses. But shapers can actually be our best friends, and even if you’re young, there’s no shame is wearing them to smooth out unwanted lumps and bumps. Celebs like Eva Longoria, Jennifer Lopez, and Kim Kardashian use them—shape wear has become Hollywood’s best kept secret, and I’m a big believer that you should have at least one *faja* in your closet.





JANUARY 25, 2012,  
A Scientific Look at the Dangers of  
High Heels

By [GRETCHEN REYNOLDS NY Times](#)

“We began to consider what might be happening at the muscle and tendon level” in women who wear heels, Dr. Cronin says....“We think that the large muscle strains that occur when walking in heels may ultimately increase the likelihood of strain injuries,” he says.



# CLEANLINESS

A great amount of suffering might be saved if all would labor to prevent disease, by strictly obeying the laws of health. **Strict habits of cleanliness should be observed.** Many, while well, will not take the trouble to keep in a healthy condition. They neglect personal cleanliness, and are not careful to **keep their clothing pure.** Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is **burdened with impure matter.** If the clothing worn is not often washed and frequently aired, it becomes filthy with impurities which are **thrown off from the body by sensible and insensible perspiration.**



**And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood and forced upon the internal organs. Nature, to relieve herself of poisonous impurities, makes an effort to free the system. This effort produces fevers and what is termed disease. But even then, if those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented. But many, instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there. {CH 61.2}**



## CLEAN SWEET PREMISES

If every family realized the beneficial results of thorough cleanliness, they would make special efforts to remove every impurity from their persons, **and from their houses**, and would extend their efforts to their premises. **Many suffer decayed vegetable matter to remain about their premises**. They are not awake to the influence of these things. There is constantly arising from these decaying substances an effluvia that is poisoning the air. **By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased**. Disease of **almost every description** will be caused by inhaling the atmosphere affected by these decaying substances. {4aSG 141.1}



# PURITY OF LIFE

Purity of life imparts refinement, which will lead those possessing it to shrink more and more from coarseness and indulgence in sin. Such will not be led away from the truth or be given up to doubt the inspiration of the word of God. On the contrary, they will engage in the daily study of the sacred word with ever-increasing interest, and the evidences of Christianity and inspiration will stamp their impress on the mind and life.

{1T 441.1}



# THE SOLUTION

- Jeremiah–33:6

Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.

- Exodus 15:26

If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.





# EGYPTIAN DISEASES OF DEUTERONOMY 28

## CONSUMPTION—vs.22

Tuberculosis

Emphysema

## FEVER—vs.22

Chills & Shivering Fits

## INFLAMMATION—vs.22

Arthritis, Bronchitis

## BOTCH—vs.27

Chicken Pox, Hives

## EMERODS—vs.27

Tumors, Hemorrhoids  
& Cancer

## SMITE IN KNEES & LEGS vs.35

Osteoarthritis, Polio

### X-Ray Detects Disease in Mummies



—Photo by Field Museum.

This mummy of Tediemon, Egyptian boy of the seventh century B. C., shows how joints were broken and arms left out in the mummifying process.

THE X-ray is the latest instrument of science being employed by experts in photographing Egyptian mummies to determine the nature of the diseases which ravaged the ancients. The above X-ray of an Egyptian boy's mummy is interesting in

calcium in the diet. Photographs of other mummies show distinct curvatures of the spine. Teeth condition is also studied from the photographs.

The advantage of the X-ray is that the bone structure of the mummies can be studied.



# UIC (University of Illinois, Chicago) STUDY

- ▣ Here is a short list of the findings.
  - Spinal Bifida
  - Club foot, Cleft Palate, Hydrocephalus
  - Tuberculosis
    - ▣ The bovine and human strain
  - Leprosy
  - Smallpox
  - Schistosomiasis
  - Arthritis
  - Poliomyelitis
  - Osteoarthritis
- ▣ Blood vessels are well preserved in mummies and they provide accurate evidence of vascular disease. Diseases of the aorta and coronary arteries, with arteriosclerosis of the kidney and heart blood vessels tell us that the stresses of modern day highly civilized life are not the sole causes of degenerative vascular diseases. They are known from ancient Egypt.



# THE CURE



# THE SOURCE OF CURE

- Jeremiah–33:6

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# A Special Gift of the Spirit

To another faith  
by the same  
Spirit; to  
another the  
gifts of healing  
by the same  
Spirit;

1st Corinthians 12:9





# The Holy Spirit & Healing

"The influence of the Spirit of God is the very best medicine that can be received by a sick man or woman." {MM 12}







# THE JOY OF THE LORD

**“....THE JOY OF THE LORD IS YOUR STRENGTH.” {NEHEMIAH 8:10}**



**In order to have perfect health our hearts must be filled with hope and love and joy.-- (CH 587.)**





# Proverbs 17:22





Happy people tend to live longer and experience better health than their unhappy peers according to a review of more than 160 studies of human and animal studies.





The lead author, University of Illinois professor emeritus of psychology Ed Diener, summarized “the general conclusion from each type of study is that your subjective well-being — that is, **feeling positive about your life, not stressed out, not depressed** — contributes to both longevity and better health among healthy populations.”





The cardiovascular system is our “Achilles heel” when it comes to health and the leading cause of death is heart disease. Studies of artery health focus on how well **the cells** that line the arteries function — like the “canary in a coalmine,” they are the sentinels of health and disease in the system. These cells are called **endothelial cells** and **they control blood pressure and keep cholesterol from oxidizing and making plaque**. Many cardiac studies look at endothelial function as the marker for arterial health.



Japanese research printed in the American Journal of Cardiology shows the effect of **mirthful laughter** increases beneficial endothelial function.





# The Holy Spirit & Healing

"The Holy Spirit will make all who are willing to be educated able to communicate the truth with power. It will renew every organ of the body, that God's servants may work acceptably and successfully." {MM 12}





# Hydrotherapy







# Massage





Herbal Treatments



# Healthy Food Preparation





# PEN OF *Inspiration*

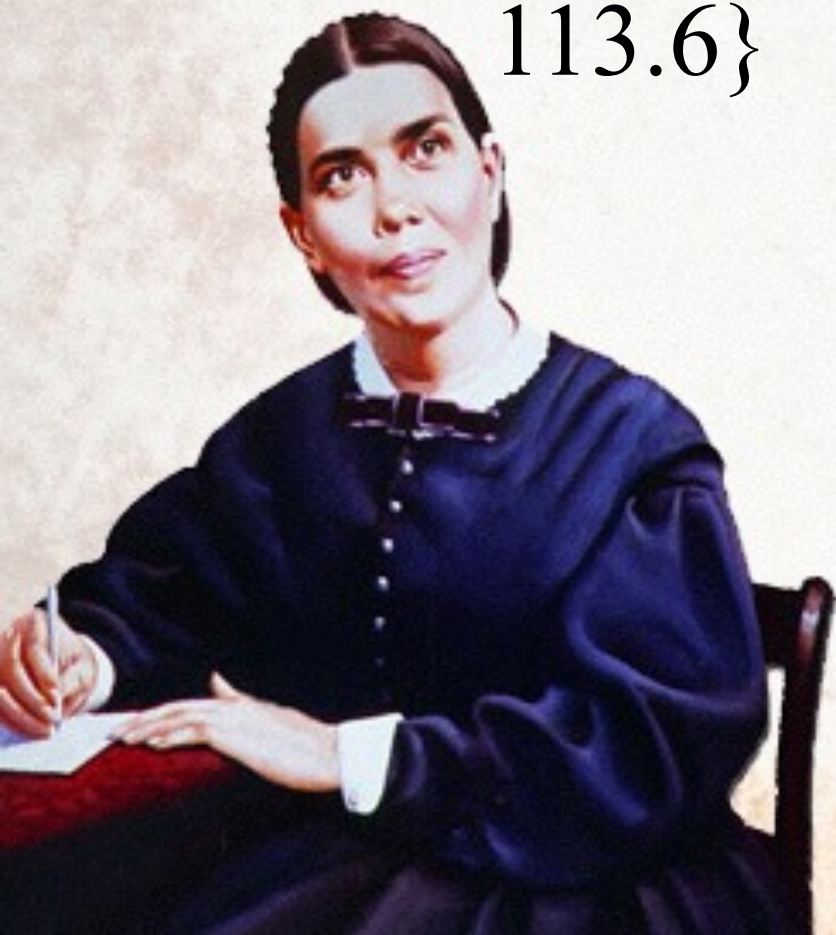
**Teach** the people that it is better to **know how to keep well than how to cure disease**. Our physicians should be wise educators, warning all against self-indulgence and showing that **abstinence** from the things that God has prohibited is **the only way to prevent ruin of body and mind**. {9T 161.2}





# PEN OF *Inspiration*

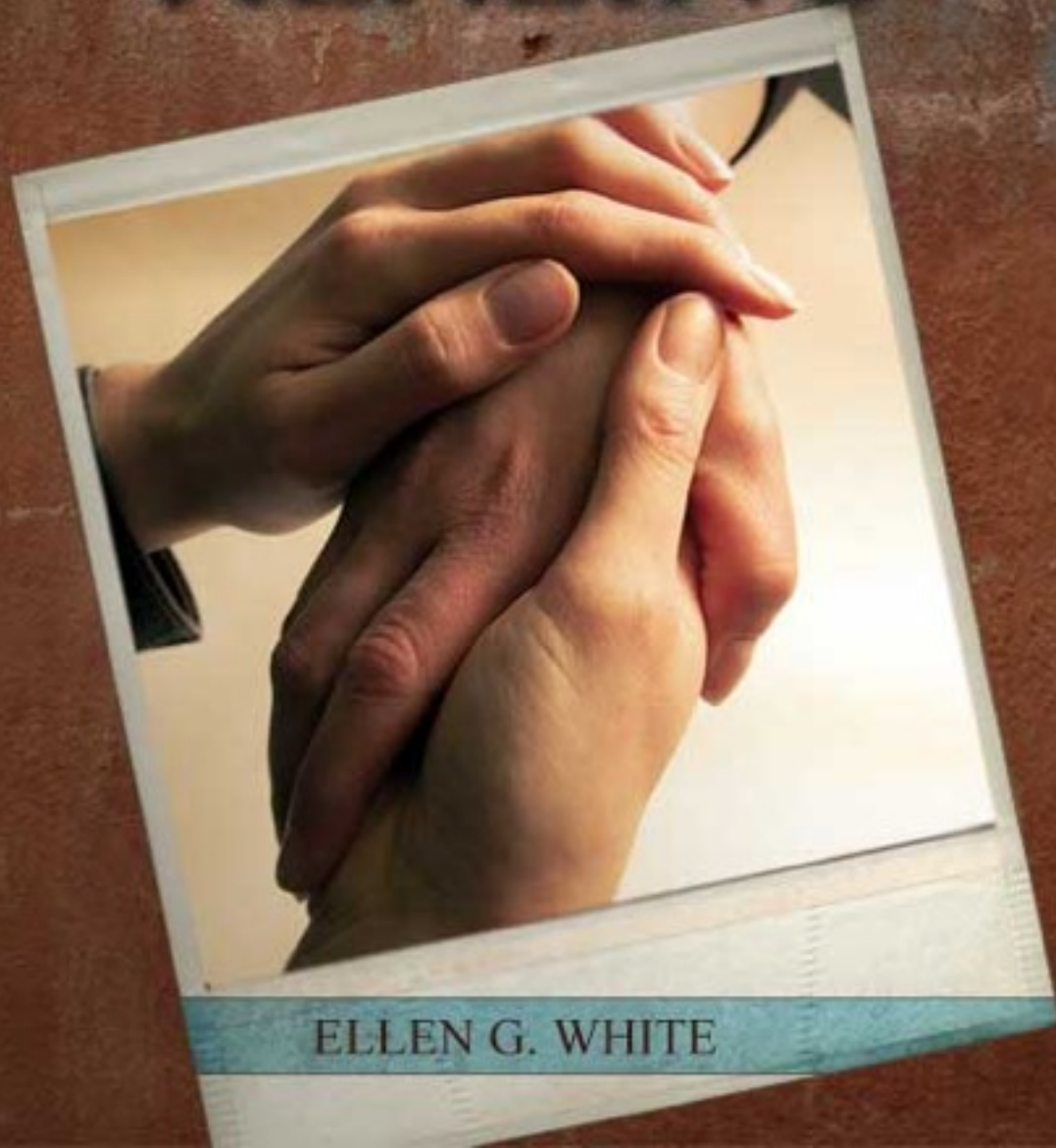
They need to be taught that every practice which “destroys” the physical, mental, or spiritual energies is sin, and that health is to be secured through obedience to the laws that God has established for the good of all mankind. {MH 113.6}





Ellen G. White Estate

# THE MINISTRY OF HEALING



This book  
contains the  
**wisdom** of  
the Great  
Physician  
{9T 71.1}